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HOUSEKEEPERS' CHAT

Thursday, October 22, 1931.

(NOT FOR PUBLICATION)

Subject: **THRIFTY WAYS WITH FALL FRUITS.** Information from the Bureau of Home Economics and the Bureau of Plant Industry, U.S.D.A.
Bulletins available: "Unfermented Grape Juice," and "Homemade Fruit Butters."

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No sooner had I finished talking about making and preserving sweet cider on Monday than I had a phone call. The voice at the other end of the wire said, "See here, Aunt Sammy, what's all this you said about sweet cider being the most popular and inexpensive of fruit beverages? I think lemonade grape juice is just as popular and just as inexpensive. In fact, I think there is no drink as delicious as grape juice. And I shall feel deeply hurt unless you say something very soon about its merits."

There is a great deal to be said in favor of unfermented grape juice as a beverage. And I'll even say right at the beginning that many people like it just as much as cider and some people like it better. It is a delicious and healthful fruit drink. It is simple to make and to preserve. And when grapes are in season and plentiful, it certainly is economy to put them up in the form of juice as well as in the form of jelly, marmalade and butter.

During the last few years people have been taking a great deal of interest in fruit juices. They have learned that these beverages are not only delicious to taste but are also inexpensive aids to good health. Growing children especially need the minerals, vitamins, and simple sugars that fruits supply. Fortunately, their flavor and bright color make them popular with the children, especially in the form of juice. The matter of cost is an important point in favor of homemade fruit beverages. No kind of culinary products made from fruit can be so cheaply and easily prepared. Moreover, no fruit products are more valuable for varying the home menu, since these juices can be used the year around in desserts, pudding sauces, frozen dishes and beverages.

Every fall many grapes go to waste when they might easily be saved in the form of preserved juice. If you haven't grapes growing in your own backyard or over your own arbor, why not purchase a bushel or two while they are plentiful and inexpensive in the markets in the fall? This amount should be sufficient to meet the family's need for grape flavored desserts or beverages for special occasions. The grape pulp left over from making the juice can be used in making butter, and catsup. If you have your own supply of grapes, why not put up enough juice to allow for plenty of refreshing drinks for the family all next summer?

The process of making grape juice is quite simple, so the scientists over in the Bureau of Plant Industry say! And they ought to know because they have made lots of it over there in their laboratory and have investigated not only good methods of making but also good methods of preserving it.

No special or expensive equipment is needed for preparing the juice at home and it is not difficult to get a delicious product. The grape you see, is one of the few fruits in which the proportions of sugar, acid and flavoring substances are so well balanced as to make the unmodified juice a palatable and refreshing drink. And grape juice loses neither its flavor nor its attractive color when it is properly pasteurized and stored.

There are two methods of preparing pasteurized grape juice--the hot-press method and the cold-press method. The cold-press method. The cold-press way is newer, simpler and easier to use at home. It gives a clear, brilliant juice. With the hot-press method, the crushed fruit is heated and the juice removed by pressing the hot fruit. This gives a somewhat larger yield of dark, more or less viscid juice.

There are 6 steps in making grape juice by the cold-press method. First, extract the juice by crushing and pressing. Second, sweeten, acidify or blend the juices if necessary. Third, bottle, filter and place the juice in containers. Fourth, pasteurize the juice. Fifth, store it to allow it to settle. Sixth, bottle the clear juice and re-pasteurize it.

That is just the barest outline of the process. Each of these 6 steps is described in detail in---yes, you've guessed what I am about to say--is described in detail in a bulletin. And the name of this bulletin is "Unfermented Grape Juice, How to Make It in the Home." Send a postcard to your station or to the Dept. of Agriculture at Washington, D.C. and we will send you a copy of this bulletin. If you want to order it by number, ask for bulletin Ten Sixty-Five. Be sure to follow the directions to the letter.

I promised the lady over the phone that I would also say something today about fruit butter. In order not to show any partiality, I'd better talk about both grape and apple butter today.

Do you remember apple-butter time in the good old days when the cooking went on for hours and hours out of doors in a big iron kettle? I don't believe it's made in such large quantities nowadays. But there's no better way to use good apples and the sound portions of windfall, wormy or bruised apples to make them into butter.

While almost any sound apples will make good butter, those with a distinctly rich, tart flavor, and good cooking quality are most satisfactory. Such old stand-bys as Northern Spies, Rhode Island Greenings and Smokehouse make excellent butter. Apples of a coarse texture naturally make a rather coarse product, so put the apple sauce through a colander or wire sieve before adding it to the cider. Overripe apples are not desirable, but if they must be used, add a little vinegar or lemon juice to give some snap to the butter.

In the old days it was thought that making apple butter had to be a long-time job. The old rule was to boil down the sweet cider at least one-half before the apples were added, and then to begin to cook slowly for hours and hours. The best apple butter makers don't hold to these practices any more.

It is a useless waste of fuel and time to boil down the cider first and then cook the apples at such a painfully slow rate because it doesn't make the product any better than the new quicker method. If you use cider in making your apple butter--and you can make it either with or without--but if you use it, the rule is to add the unboiled cider and cook the pared, sliced apples in it rapidly until the right consistency is reached. Of course, you have to watch and stir frequently to keep the butter from scorching and sticking to the kettle.

The Recipe Lady's suggestions for making grape butter deserve a place in your files, so I'll stop here and give them to you. There is, you know, an eight-page bulletin on homemade fruit butters, but it makes no mention of grape butter.

Only five ingredients for grape butter. Here they are!

6 cups of grape pulp
3 cups of sugar
1 teaspoon of cinnamon
1/2 teaspoon of allspice, and,
1/4 teaspoon of salt

Is that five? I'll say them over again. (Repeat.)

Grape butter may be made as a by-product of grape jelly, and grape juice, because butter of excellent flavor and color is obtained after one extraction of the juice.

To make the butter, sieve and measure the pulp--which is sometimes called pomace--and add the sugar in the proportions of half as much sugar as pulp. Mix the spices and add them at the first of the cooking. Cook for about 30 minutes stirring constantly. A little lemon juice may be used to improve the flavor.

Before I stop, let me remind anyone who hasn't one of those bulletins on making fruit butters that we have a big pile here on our shelves all ready to send you in return for your name and address. Ask for leaflet number 900.

Friday: "Family Dinner for Sunday."

